



Service & Price Menu

PLAZA TANGARA · OJOCHAL, COSTA RICA



NOURISH WELLNESS BAR

Hair Therapy

BY ROBYN MCALPINE, OWNER & MASTER STYLIST/COLORIST

COLOR

Roots	€50,000+
Full Color	€63,000+
Partial Foil	€65,000+
Full Foil	€80,000+
Balayage	€85,000+
Extra Color	€7,500
Root Melt	€14,500

CUT

Women's Cut	€27,000+
Women's Cut Add On	€14,000+
Men's Cut	€14,000
Teen Girl Cut	€16,000
Teen Boy Cut	€10,000
Children's Cut	€10,000+
Beard Trim	€5,000

TREATMENT & STYLING

Wash & Blow Out	€18,500+
Curls	€20,000
Aura by Lakmé Keratin	€40,000/oz
A vegan, formaldehyde-free alternative to traditional keratin, using fermented hyaluronic acid to hydrate, smooth frizz, and add shine	
Rebuild & Restructure Treatment	€20,000
A professional two-step hair reconstruction system that repairs chemically or externally damaged hair. Utilizing phyto-keratin, brown and red algae, and pracaxi oil, it penetrates the cortex to nourish and seals the cuticle, restoring elasticity, density, and shine without weighing hair down.	
Wedding Services	Custom Pricing
Ask about our bridal hair packages	



NOURISH WELLNESS BAR

Spa Therapy

MASSAGE

Choose your style & duration

Swedish, Relaxation, Deep Tissue, Pregnancy, Trigger Point, Bamboo or Hot Stone

30 MIN	60 MIN	90 MIN	120 MIN
₱22,000	₱42,000	₱58,000	₱85,000

Biodynamic Massage Therapy

60 MIN	90 MIN
₱60,000	₱80,000

Combines biodynamic craniosacral therapy with traditional massage. This profound type of bodywork follows the body's wisdom through deep listening to reduce physical pain while attending to stored trauma in the body. Some elements will flow like a traditional massage, and yet each session is a unique unfolding based on the client's system.

Biodynamic Craniosacral

60 MIN	90 MIN
₱60,000	₱80,000

The act of profound listening to the innate healing properties of the client's body, letting this inform the session. This is subtle nervous system work that involves gentle touch. Clients report profound healing and relaxation.

Advanced Prenatal Massage

30 MIN	60 MIN	90 MIN	120 MIN
₱22,000	₱42,000	₱58,000	₱85,000

Deep attunement to the mother and the baby to co-create a nourishing, restorative session.

BODY THERAPY

Myofascial / Structural Integration ₱58,000

Lymphatic Drainage ₱40,000
60 minutes

Ionic Foot Detox (1 person) ₱19,000

MASSAGE PACKAGES

Drift Away ₱65,000
60-minute massage, hot oil scalp massage, and an ionic foot detox

Pura Vida ₱95,000
90-minute massage, sugar scrub & mask, hot oil scalp massage, and a mini facial

Signature Longevity Reset [Inquire for Pricing](#)
A complete cellular reset for nervous system regulation – IV vitamin infusion, a specialized wellness infusion, and deep massage. Inquire for full details.

FACIALS

Nourish Signature Deep Cleanse ₱39,000
45 min – exfoliation, extractions, mask, and red light therapy

Dermaplaning ₱34,000
30 min – exfoliation and peach-fuzz removal to soften fine lines and even tone

Rejuvenating Facial ₱48,000
90 min – addresses age-related sagging and sun spots

Anti-Aging Facial ₱48,000
90 min – laser treatment stimulates collagen for wrinkles and dark spots

Lift & Tighten Facial ₱48,000
90 min – tightens facial muscles to reduce visible signs of aging

NAILS

Clinical Pedicure (No Polish) ₱20,000
Deep cleaning, exfoliation, and a mask

Clinical Pedicure (Semi-Perm Polish) ₱25,000
Deep cleaning, exfoliation, and a mask

Semi-Permanent Polish (Toes) ₱10,000

Rubber Base Manicure ₱20,000

Gel-X with Manicure ₱25,000

Manicure (Semi-Permanent Polish) ₱15,000

Manicure (No Polish) ₱13,000



QÛRA MEDICAL AESTHETICS

Treatment Menu

BY DR. ERIKA QUIRÓS, OWNER

INJECTABLES

Botox **\$6 / unit**
Includes one complimentary follow-up for assessment & touch-ups

Collagen Biostimulators **\$600-750**

Dermal Fillers **\$450**
Includes one complimentary follow-up for assessment & touch-ups

Lip Fillers **\$450**

MEDICAL PEEL & FACIALS

Medical Peel **\$199**
Deep cleansing, exfoliation, a personalized medical-grade chemical peel (salicylic, glycolic, or lactic acid), a customized mask, LED light therapy, and sunscreen protection.

Signature Deep Cleansing Facial **\$150**
Deep cleansing, exfoliation, extractions (if needed), two liposomal peels with no visible peeling or downtime, a customized mask, LED light therapy, and sunscreen protection.

MEDICAL-GRADE MICRO-NEEDLING

Deep cleansing, exfoliation, micro-needling with regenerative active ingredients, a soothing mask, and sunscreen protection.

Salmon DNA (PDRN) **\$185 / session**
Package of 3: \$399

Peptide Microneedling **\$300 / session**
Package of 3: \$799

Exosome Microneedling **\$350 / session**
Package of 3: \$899

IV WELLNESS LOUNGE

One-hour infusions

Signature Longevity Reset **Inquire for Pricing**
A complete cellular reset for nervous system regulation – IV vitamin infusion, a specialized wellness infusion, and deep massage. Inquire for full details.

Vitamin C / Glutathione / IV Iron **€57,000**
4 hours

IV Iron **€159,000**
45 minutes

NAD+ **€170,000**

Magnesium **€68,000**

Zinc / Multi / Hydration / B12 **€42,000**

Myers' Cocktail / Methylene Blue **€114,000**
Promo pricing

Impletol **€91,000-204,000**

All medical treatments include a personalized medical consultation and skin assessment to ensure a customized treatment plan tailored to your individual needs.

Botox and dermal filler treatments include one complimentary follow-up appointment for assessment and touch-ups, if clinically indicated.

We exclusively use authentic, premium medical-grade products from the world's leading aesthetic brands, ensuring the highest standards of safety, quality, and natural-looking results.



LOCATION

Plaza Tangara, entrance of Ojochal, Costa Rica

BOOKING

nourishwellness.love

INSTAGRAM

[@nourish_qura_wellness](https://www.instagram.com/nourish_qura_wellness)

HOURS

By appointment only

BEAUTY · LONGEVITY · MEDICAL AESTHETICS